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Dagenham school named best in the country

A DAGENHAM school has been named Education Establishment of the Year.

All Saints Catholic School and Technology College was given the honour at the Education Resource Awards on Friday.

Winners were selected by a large independent panel of experienced educational professionals and entrants needed to show how their establishment was providing a real asset to the community it serves.

Students at All Saints are taught to respect and value their peers and their neighbours, and to believe in and value their own abilities.

Over the past few years, school culture has changed dramatically and the school has successfully adapted to meet these changes, while ensuring that the school remains an oasis where 'the streets' are kept firmly outside.

Ray Barker, of the British Educational Suppliers Association, said: "Unanimously, the judges were impressed that despite many socio-economic and demographic challenges, All Saints provides an environment where students are encouraged to set high personal goals and supported every step of the way towards achieving their aspirations."

"All Saints has high educational standards, a strong Catholic ethos and a moral code which permeates throughout the school, and it is



DELIGHT: The All Saints representatives collect their award.

obvious that the students are happy, motivated and thriving in the environment and structure provided by the dedicated and enthusiastic staff."

Headteacher Kevin Wilson was delighted to receive the award. He said: "This award is a real accom-

plishment for the whole school community. We are very proud of our students and their achievements, particularly when educational standards are being questioned at all political levels."

"Schools in Barking and Dagenham are showing consider-

able improvement year on year and we are proud to be part of that success. I am indebted to an industrious and committed staff, very supportive parents and a dedicated Board of Governors whose collaborative efforts have made this award possible."

REMPLOY CLOSURE RECEIVES CRITICISM

DAGENHAM & Rainham MP Jon Cruddas has criticised the closure of Barking's Remploy factory, calling it an 'outright attack' on disabled people.

Remploy, which is the country's largest specialist employer of people with disabilities and health conditions, announced recently that it was closing 36 of its 54 factories as a result of Government pulling its funding.

It is expected that around 1,700 disabled people will lose their jobs, including 44 people at the Barking branch.

Mr Cruddas said: "This is last thing local disabled people need. It is an outright attack on one of the most vulnerable groups in society. The Conservatives promised in 2007 that funding for Remploy would continue. We can now see that for the barefaced lie that it is."

Remploy factories were established 66 years ago and its workers are employed in enterprises that vary from furniture and packaging manufacturing to recycling electrical appliances and operating CCTV systems and control rooms.

The factory in Barking is part of Remploy's Electronics Business, and has drawn praise for its innovative work within the industry.

Mr Cruddas, who visited the factory recently, has challenged the Government's claim that it will

offer help to those made redundant to get them back into work within the wider economy.

He said: "Dagenham and Rainham now has an unemployment rate nearly 60 per cent above the national average. There are hundreds and thousands of people fighting for a tiny pool of jobs. Seriously, what genuine chance does an unemployed disabled person stand in finding work? This Conservative-led Coalition Government have pulled the mat from under their feet, the decision is a disgrace."

The decision to close the factories was based on recommendations made in a report commissioned by the Department for Work and Pensions — and carried out by Liz Sayce of Disability Rights UK — on how to spend its £320million budget for disability employment more effectively, including the financial analysis of Remploy businesses.

Its general findings on Remploy were: "Six of the 12 Enterprise Businesses together with the Preston E-Cycle and Croespenmaen packaging sites are not viable in their current form."

"These businesses are considered to have no clear restructuring proposition which could make them commercially viable; therefore, the most likely option which the Board of Remploy may take is for them to close, unless continued subsidy is provided."

Maria Miller, Minister for Disabled People, said the £320m should be used more effectively by helping individuals into work and offering them more choice.

She said: "We have accepted the recommendation from the Sayce review to refocus support on individuals through services like Access to Work, rather than institutions like Remploy, so more disabled people can work in mainstream employment rather than Government funded segregated factories."

Government statistics say its costs the taxpayer £25,000 a year to support each disabled employee working in a Remploy factory, while the cost to support a disabled person in mainstream employment through Access to Work is around £2,900.

The announcement was also criticised by a number of workers' unions, including GMB, whose national secretary Phil Davis said: "I never thought that I would live to see the day that an organisation set up to provide sustainable employment for disabled people being shut down."

"It is a disgrace that a number of large charities, set up to help disabled people and run by very well paid, able bodied people have misled the British public and provided the government with the cover to undertake this act of sacking disabled workers. Shame on them."

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INSIDE this week



Youth worker
to shed the
weight for
charity

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YellowAdvertiser

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MP helping people get back into work

YOUNGSTERS looking for employment can attend a Jobs Fayre tomorrow (Friday).

Hosted by MP Margaret Hodge, the event takes place from 12pm to 4pm at Barking Learning Centre, in the Town Square.

It is aimed at 18 to 25-year-olds who are experiencing difficulty securing a job.

The fayre is a free training day and is designed to help young people find work, including through the use of the internet (including using Facebook, Twitter and LinkedIn). HR experts will be available to provide advice and training with CVs, interview skills and completing application forms.

A range of organisations will be represented on the day to offer advice and help with job hunting including: DABD (UK), Lifeline Projects, London Borough of Barking & Dagenham Job Shop, and Jobcentre Plus.

Mrs Hodge said: "These are tough times for young people finding work. Unemployment amongst 18-25 year olds has gone up by 25 per cent in the borough in the last year."

"I want to try to help by bringing various organisations together on the same day and by inviting anyone aged 18-25 who would like help to come along."

Those interested in attending should e-mail margarethodge@hotmail.co.uk or call 020 8594 1333 to book a place.



Are you getting hitched? Visit Eastbury Manor this weekend

EASTBURY Manor House will open its doors on Sunday for a wedding fair showcasing itself, as well as some of the area's best suppliers.

Organised by Inspired Weddings and Events, this wedding fair, which is open from 11am to 4pm, is designed to make the task of creating that perfect day easier by introducing you to the finest local and regional wedding suppliers, all under one roof.

Paul Hogan, divisional director for Culture and Sport, said: "This is a fantastic opportunity for people to see just what a magnificent venue Eastbury Manor House is for a wedding. It's elegant, full of character and steeped in history, all of which makes it a very romantic location."

The event is free and future brides, grooms and their guests will receive a glass of fizz on arrival, a complimentary goody bag containing a free copy of An Essex Wedding magazine, an exhibition programme and entry into prize draws and competitions.

Visitors to the fair will also be able to sample wedding cakes and fine wine, seek inspiration from some stunning floral displays and take a look at exquisite hand-made stationary.

The wedding fair coincides with the exhibition 'A century of local brides' at Valence House Museum which is open until March 31 and was researched and prepared entirely by local volunteers.

For more information on the Eastbury Manor House Wedding Fair, visit the event website at www.eastburyweddingfair.co.uk

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Special report: Air quality

Air quality improvements dismissed because of 'disproportionate' costs

By Peter Henn

PLANS to improve London's air quality have been dismissed by Government over costs.

Deadly Nitrogen Dioxide particles (NO₂s) are known to be killing thousands of people in east London each year, despite the European Union having set the UK a swathe of targets which it has not met.

The Department for the Environment, Farming and Rural Affairs (DEFRA) has now said the cost of meeting the measures would be 'disproportionate', but refused to say how.

Spokesman Julia Thompson said: "We are not going to get into the details of this report."

According to DEFRA figures, air pollution costs the taxpayer £20 billion in health and environmental impacts, which is the equivalent of half the defence budget.

The health impact of smoking costs the taxpayer £1.7b, however tobacco taxes also generate £10b a year for the Treasury.

DEFRA was heavily criticised in a report by Parliament's Environmental Audit Committee in November, which warned that there would be serious consequences if action was not taken.

It said: "We have seen no meaningful evidence to suggest progress towards meeting air targets has improved."

"The government needs to act now to save the health of a nation."

Governments have encouraged the use of diesel because it gives out marginally less Carbon Dioxide and particulate matter (PM) emissions which, technically, makes them more environmentally friendly.

However, the health impact of NO₂ is much higher than that of CO₂.

While the Government says it will meet PM targets, it has admitted it cannot meet NO₂ targets.

"We have seen no meaningful evidence to suggest progress towards meeting air targets has improved."

And while the Government is in control of most environmental issues, certain areas are delegated more local and regional powers.

Mayor of London, Boris Johnson, has said he would ensure that all new buses in the capital from this year, would be electric-diesel hybrids.

However, some argue that the mayor has been slow on taking up the buses, which would have reduced NO₂ emissions.

The Green Party has claimed that making the entire bus fleet hybrid would lead to a more environmentally

friendly and healthier city, as well as tightening up Low Emission Zone (LEZ) restrictions and investing in further green transport.

Green Party assembly member, Jenny Jones, said: "We know hybrid buses reduce pollution, so why is the Mayor slowing down the roll up, rather than speeding it up?"

Green candidate for the City & East GLA constituency, Chris Smith, believes the Government's failure to act was 'unconscionable'.

He said: "People in some of the most deprived boroughs in east London are especially at risk when taking into account other lifestyle factors."

"London's current air quality crisis is equal to the great smog of the 1950s and we need modern solutions to ensure public health is protected."

In a statement, DEFRA claimed it was looking to work with local authorities to encourage them to start public awareness campaigns.

In 2010 – the last year for which figures are available – three sites in London exceeded the average hourly healthy limits of NO₂.

There were also seven London locations where the annual average of NO₂ was above the healthy annual limits.

Greater London as a whole had exceeded the daily target of 50 microgrammes per cubic meter, more than the permitted 18 times.

According to EU figures, London has the highest concentration of NO₂ of any capital city in the European Union.

Figures released by the EU's Urban Audit team said London's level is 43.42, compared to the lowest, which is in Tallinn, the capital of Estonia which measures up as 12.46.

Berlin, a city with a similar size and demographic to London, weighs in at 24.53, and the EU capital average is 29.16.

"What we would like is to see more use made of green, affordable public transport, which would reduce emissions on roads."

London's NO₂ concentration is the highest of any city in the UK, with Glasgow coming second with 42.71, and Leicester third with 36.44.

The worst city in the EU for the NO₂ average is Cremona, Italy, with 71.94. Seven other Italian cities, Regensburg in Germany and the Spanish city of Barcelona make up the top 10.

Germany introduced stringent low emissions zones in 2002, and as a result, the country's NO₂ emissions has plummeted.

Previously, governments have

applied to the EU for a range of extensions to meet NO₂ standards.

This tactic was criticised by the committee, which said that it was important to start to meet targets now.

It said: "Applying for extensions with an expectation that target values will be diluted in the near future, is putting the health of UK residents at risk."

Environmental Protection UK spokesman, Lewis Merdler, said not enough had been done to test the standard of diesel emissions.

He said: "Diesel produces less CO₂, and the government hoped improving their emissions standards would cut pollution – but they've proved much worse in real driving conditions."

"What we would like is to see more use made of green, affordable public transport, which would reduce emissions on roads."

Simon Birkett, the director of the Clean Air in London campaign group, said both current and past governments had failed to take action.

He said: "Things like more low emissions zones, for instance, with stricter limits would have made a difference. Neither the Coalition nor Labour did that."

"Compare that to Germany, where they introduced LEZs sooner, and their air quality is so much better than ours."

What do you think? Write to Readers' Letters, Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail letters@yellowad.co.uk



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WOMEN seeking

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ALICE 18yr old tall blonde carefree student, looking for exciting male 18-30 for good times only. ACA. Tel No: 0906 500 3766 Box No: 387107

Hi I'm Jo, petite, pretty, fed up with own company, seeking male to help me get back into the swing of things, for uncomplicated fun times together. Tel No: 0906 500 3766 Box No: 387103

DEBBIE slim outgoing approachable attractive lassie, 33yrs, GSOH, sporty, looking for non serious fun male for friendship, maybe more. Any age/looks/status. Tel No: 0906 500 3766 Box No: 387101

KEIRA 34yr old very attractive naughty female, fed up of staying in alone, looking for likeminded naughty boy for fun times. Can be discreet. Tel No: 0906 500 3766 Box No: 384055

KIM 37, slim blue eyed brunette, divorced with no ties, very discreet, looking for a genuine convenient friendship/more. Status unimportant. Tel No: 0906 500 3766 Box No: 384049

STEFFE 32, slim, hazel eyes, long hair, curvy size 10, likes cosying up, cuddles, tickles, sick of being lonely and bored, not looking for complications just love. Tel No: 0906 500 3766 Box No: 382159

MAXINE 53, attractive, 5ft 2ins, slim, likes most things, seeks kind, caring, affectionate guy, 48-56 for LTR. Tel No: 0906 500 3766 Box No: 386259

NIAMH slim attractive female, well travelled and body confident, seeking mature male who can handle a real woman. Or at least thinks he can. ACA. Tel No: 0906 500 3766 Box No: 384051

HONEST sincere caring lady, 40's, looking for over 40yrs N/S romantic honest sincere gentleman with GOSH for friendship, possible LTR. Tel No: 0906 500 3766 Box No: 371809

TARA charismatic, optimistic Irish entrepreneur, sensual, attractive, intelligent, seeks genuine male to spoil, enjoy good times and let just take it from there. Tel No: 0906 500 3766 Box No: 383121

WARM loving young girl seeks mature male who is free in the evenings for no strings adult fun. Status unimportant. Tel No: 0906 500 3766 Box No: 376398



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CURVACEOUS attractive, confident, professional lady, 55, seeks educated, well spoken gent with good manners to share good times with, N/S. Tel No: 0906 500 3766 Box No: 387401

JANE 42, 5ft 2ins, petite, size 14, brunette, pretty, bubbly, likes literature, walks, fine dining, seeks successful gent, 42 plus to enhance life. Tel No: 0906 500 3766 Box No: 385573

KERRY 26yr old discreet attractive fit female who has been alone for far too long, looking for male 30-65yrs for convenient friendship and more. Tel No: 0906 500 3766 Box No: 375765

VAL compassionate outgoing female with a big heart and no preconceptions just looking for love with similar minded male. Call me. Tel No: 0906 500 3766 Box No: 383155

TALL busty female, endless legs, enjoys wild side of life, seeks confident male to try new things with. Can accommodate. Age/status unimportant. Tel No: 0906 500 3766 Box No: 376772

CONFIDENT fun female bored of spending time alone, looking for fun man to share lots of laughs and good times. Tel No: 0906 500 3766 Box No: 370177

BLACK woman, 40's, caring profession, average build, home owner, funny, reliable, caring, seeks white male of similar age, professional, honest and funny for LTR. Tel No: 0906 500 3766 Box No: 386921

CURVY lady, size 18, 52, seeks honest, decent male, 40-50 for lasting relationship. Tel No: 0906 500 3766 Box No: 387343

CARING romantic old school lady, seeking old school type gent, 45 plus for friendship, possible relationship. Tel No: 0906 500 3766 Box No: 387249

NAUGHTY black nurse, free and fun loving, seeks sexy male for off duty fun and games. Discretion assured. Tel No: 0906 500 3766 Box No: 373624

LOVELY tall slim nurse, very caring and fun but missing that vava-voom! Seeks adventurous male who's up for fun times. Tel No: 0906 500 3766 Box No: 374159

YOU do have to watch the quiet ones! Full figured sensual female, no ties, seeks similar male for some quiet times in together. Tel No: 0906 500 3766 Box No: 371354

BUSTY young blonde, 22, endless legs, loves dressing up. Imagine... we could have such fun together! Tel No: 0906 500 3766 Box No: 373120

WANT to have some fun? Slim brown eyed, sensual female, no ties, plenty of good ideas, seeks adventurous, naughty man. Tel No: 0906 500 3766 Box No: 375204

SULTRY dark eyed brunette, longs for adventure and excitement with broadminded man, perhaps you can help? ACA. Tel No: 0906 500 3766 Box No: 375208

SIMONE black 32, likes travel, music, animation, books, dancing, seeks tall white male, 22-42 for serious, loving LTR and friendship. Tel No: 0906 500 3766 Box No: 381783

VOLUPTUOUS brunette, gorgeous green eyes, hardworking but lonely, seeks romantic mature male to share a glass of whiskey with and snuggle up to. Tel No: 0906 500 3766 Box No: 375210

21YR old female, dark hair, hazel eyes, confident, likes music, seeks male for relationship. Tel No: 0906 500 3766 Box No: 385473

ATTRACTIVE affectionate, romantic female, 51, likes home life, seeks stocky/medium build, genuine male, 47-57 for 1-2-1. Tel No: 0906 500 3766 Box No: 384010

LYNDA very attractive attached female, own transport and willing to travel, seeking similar natured male for extra circular activities. Must be discreet. Tel No: 0906 500 3766 Box No: 386653

JEAN professional nurse attractive and all women! Loves wining and dining seeking white knight who appreciates a real black beauty. Tel No: 0906 500 3766 Box No: 385651

ATTRACTIVE slim, good looking, warm, kind, black female, seeks educated, cultured, funny, good looking man for relationship. Tel No: 0906 500 3766 Box No: 385931

SARAH 39yr old female looking for a little extra out of life, seeks discreet male in similar circumstance to enjoy intimate mutually respectful relationship. Tel No: 0906 500 3766 Box No: 379557

DEBS slim attractive stylish naughty 40 looking for male who is prepared to give me lots of attention for fun times in return. ACA. Tel No: 0906 500 3766 Box No: 385653

SHARON 37yr old attractive feminine size 10, employed, OHAC, single mum of one, seeking similar lonely male with mature outlook. Tel No: 0906 500 3766 Box No: 385655

MEN seeking

LOOKING to meet or chat to someone, look no further: text **CHAT817** to 65125

MIXED race male, 43, seeks tall, Christian lady, 32-37 for LTR. Tel No: 0906 500 3766 Box No: 390202

MEDITERRANEAN man, 44, tall, slim, dark hair, honest, GSOH, likes travel, music, cinema, seeks beautiful, honest girlfriend. Tel No: 0906 500 3766 Box No: 386359

GENTLE affectionate Englishman, 56, professional, seeks kind attractive female, no kids, any nationality for love, adventure and marriage. Tel No: 0906 500 3766 Box No: 360463

OUTGOING male, seeks attractive female for friendship, maybe more. Tel No: 0906 500 3766 Box No: 390188

ASHLEY looking for fun loving relationship with reliable female. Tel No: 0906 500 3766 Box No: 390174

ATTRACTIVE black professional male, caring, honest, many interests, seeks confident professional female with GSOH, any nationality, 28-35 for relationship. Tel No: 0906 500 3766 Box No: 387465

CARING tall, professional man, 56, likes arts, cinema, theatre etc, seeks intelligent, kind female, any age/ethnicity for love/relationship. Tel No: 0906 500 3766 Box No: 372115

HANDSOME white male, medium build, 59, easygoing, considerate, seeks nice lady for friendship, 40-65. Tel No: 0906 500 3766 Box No: 387441

MALE 50's, seeks cuddly lady, size 16 plus, 40 plus for fun times. Tel No: 0906 500 3766 Box No: 386073

ATTRACTIVE 39yr old romantic male, likes keep fit, lonely and in need of lady to look after my heart. Tel No: 0906 500 3766 Box No: 385311

BLACK male, 48, romantic, caring, seeks lady, any nationality, N/S, honest, fun loving for lasting relationship. Tel No: 0906 500 3766 Box No: 385721

MALE lonely, likes most things in life, seeks female, 55-65. Tel No: 0906 500 3766 Box No: 387419

TERRY 6ft, slim, fit, young 62, solvent, generous, seeks vivacious, discreet lady for adult fun and games. Tel No: 0906 500 3766 Box No: 387409

PAUL 49, white seeks female of any age/country/nationality. Tel No: 0906 500 3766 Box No: 387407

MALE late 50's, seeks slim female, 50's, must be caring and lively. Tel No: 0906 500 3766 Box No: 387405

SINGLE professional, good looking male, 5ft 7ins, medium build, 52, seeks female for discreet fun times. Tel No: 0906 500 3766 Box No: 387361

GENT 65, medium build, sophisticated, smart, seeks older female for discreet friendship. Tel No: 0906 500 3766 Box No: 387353

ATHLETIC black muscular male, seeks bootlicious curvy, voluptuous female for adult fun. Tel No: 0906 500 3766 Box No: 381197

MICHAEL tall, 18, fit, likes walks, seeks female. Tel No: 0906 500 3766 Box No: 387309

ATTRACTIVE dark skinned 27yr old male, seeks pretty lady for fun times. Tel No: 0906 500 3766 Box No: 390074

STYLISH handsome, funny, English male, 54, graduate, professional, seeks beautiful goddess, 35 plus, any nationality for LTR. Tel No: 0906 500 3766 Box No: 387283

PETER 47, 6ft, dark hair, blue eyes, slim, seeking female for relationship. Tel No: 0906 500 3766 Box No: 387243

GUYS - chat to gay men **TXT: GAY817** to 65125

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JOHN bi male, 60, good nick, own hair/teeth, seeks convincing TV for fun times. Tel No: 0906 500 3766 Box No: 387295

KEVIN 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. Tel No: 0906 500 3766 Box No: 355984

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Olympic flame route in borough unveiled

THE ROUTE of the Olympic flame through Barking and Dagenham has been revealed.

It will come through the borough on Sunday, July 22, starting at 10.07am.

The full route is:

- Barking & Dagenham Route: Beginning at 10.07am on Sunday 22nd July
- Ilford Lane A123 - Left Turn
- Barking Park tarmac path - Right Turn
- Light Railway
- Light Railway - Left Turn
- Tarmac path to the south of Barking Park - Left Turn
- Longbridge Road A124 - Right Turn
- Lodge Avenue - Right Turn
- Entry path Mayersbrook Park Arena/Training Venue - Right Turn
- Arena Track - Right Turn
- Exit path Mayersbrook Park Arena/Training Venue - Left Turn
- Unmarked tarmac road leading to Lodge Avenue - Right Turn
- Lodge Avenue - Left Turn
- Porters Avenue - Right Turn
- Gale Street - Left Turn
- Parsloes Park - Left Turn
- Gale Street - Left Turn



LAUNCH: Boris Johnson and Jonathan Edwards are joined by torchbearers at the unveiling.

- Hedgemans Road - Left Turn
- Dagenham Heathway A1240 - Right Turn
- Wood Lane A124 - Right Turn
- Wood Lane A124
- Rainham Road North A1112 - Left Turn

- Central Park
- Central Park Pathway - Left Turn
- Dagenham Show grass footprint
- Central Park - Dagenham Town Show Main
- Gated exit - Left Turn
- Wood Lane A124 - Right Turn
- Whalebone Lane North A1112 - Right Turn
- High Road A1118

The Torch Relay will reach the borough after passing through Redbridge earlier on (from 7.19am), before heading onto Havering and finishing the day off in Bexley at 18.50.

Announcing the relay route, the Mayor of London Boris Johnson said: "It is fantastic that ordinary Londoners will be an integral part of the Games and help kick-start the most exciting summer in the capital's history, taking the torch past the doorsteps of thousands of people."

"Residents in Barking and Dagenham will have a wonderful chance to soak up the festival atmosphere as local people carry the flame towards its final destination at the Olympic Park."

"Not only will the torch pass by some iconic sights on its travels through the capital, it will visit sports centres, high streets, parks and town halls, bringing the Games right to the heart of London's communities."

Borough children get 3,300 Games tickets

By Martyn Dolton

ALMOST 3,300 Olympic and Paralympic tickets have been allocated to youngsters in Barking and Dagenham.

The announcement was made last week by the Mayor of London which will see 3,275 tickets given to the borough for the games.

Of the total amount, 1,836 tickets are for the Olympic Games (56 per cent) while 1,439 are for the Paralympics (44 per cent).

The number of tickets allocated to Barking and Dagenham ranked the borough

20th out of the 33 boroughs despite being a neighbouring borough to Newham.

Letters were sent to the 2,419 schools, across London last week telling them which sports the tickets were for.

To be in with a chance of getting tickets the school had to be signed up with the London 2012 'Get Set' Education Network run in partnership with 2012 organisers LOCOG.

Following the announcement, Mayor Boris Johnson said: "We're heading into what will surely be the most exciting and inspiring summer of sport this

country has ever seen, and it is only right that the capital's young people are at the heart of the action."

"Working with LOCOG we've secured a huge variety of tickets, across a diverse range of sports for one in eight London school children."

"But this has always been about more than witnessing a moment of sporting magic, it's about building a lasting sporting legacy which will benefit London for years to come, motivating these youngsters to strive for gold in their own lives and motivating others to get involved in sport in their local area."

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By Peter Henn

A PUB is teaming up with a charity to commemorate one of history's greatest disasters.

The Eva Hart, Chadwell Heath, will be hosting a Titanic themed quiz to raise money for Saint Francis Hospice, Havering-atte-Bower.

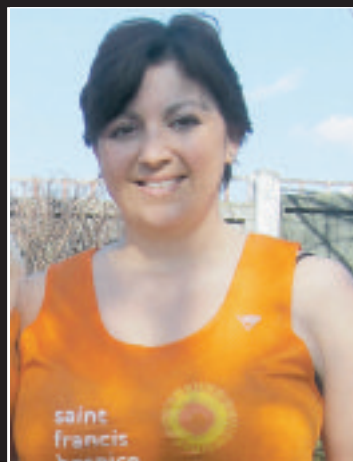
The pub is named after a local woman who survived the sinking and died at the age of 91 in 1996 at the hospice. It takes place from 7.30pm on Wednesday, April 11 For more, call 01708 771427.

FUNDRAISER: Eva Hart manager, Shevonne Nuttall, and hospice fundraiser Heather Cameron with a portrait of Eva Hart.

All aboard for a Titanic quiz



Pounds for pounds



A YOUTH worker is getting ready to lose pounds to make pounds.

Caroline Murphy, from Upminster, aims to shed three stone to raise money for St Francis Hospice, Havering-atte-Bower.

She said: "It's a really worthwhile cause, but I also wanted to lose the weight because of my job."

"I work with young people, so I'm always telling them to eat properly, and I thought it was time to practice what I was preaching."

To sponsor Caroline, visit www.justgiving.com/caroline-murphy2

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TIME TRAVEL

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Mother's fresh plea five years after son's murder

THE MOTHER of murdered schoolboy Adam Regis has made a heartfelt appeal for help in tracing his killers on the fifth anniversary of his death.

Kristina Ceasar has also filmed a YouTube video appeal – www.youtube.com/watch?v=1DimwMyd7wc – and is begging people to come forward with information.

Kristina spoke as it was revealed Adam's former school has built a special garden in his memory for all pupils to use.

"Please come forward," she said. "To you, to everyone, five years is a long time, but a mother, it's hard."

"The police have always said you don't have to give your name, nobody has to know it's you, you can phone up anonymously. I'm begging, please come forward."

She spoke fondly of her son, saying Adam was a 'joker' and always there for his friends and family.

Acting Detective Chief Inspector Andrew Kelly said: "It's been five years since Adam was murdered in a completely unprovoked attack. He was loving and caring to his friends and family and everyone speaks so highly of him. It's devastating for his family that his killers are still out there, living their lives."

"But five years is a long time and we can only hope allegiances have changed. If you have any information that you didn't feel you could come forward with previously please do so now. Maybe you're now a parent yourself and can imagine what Adam's family have been going through."



MUCH-LOVED: Adam Regis (front) with his family.

"Please just contact us."

Adam's school, Kingsford Community School, in Kingsford Way, Beckton, began work in summer 2010 on a 'garden of inspiration' in memory of their much-loved pupil.

It has been mostly funded through events organised by students themselves and pupils came up with their own ideas on how it should be used.

Located in a sheltered area of a playground, it will be officially opened this summer and includes benches and planting.

Headteacher Joan Deslandes said: "The Kingsford memorial garden is a quiet, reflective place where students can go to be comforted and inspired. Whilst the garden has been created in memory of those who our school community has tragically lost, it is also a place of inspiration and hope."

Seventeen people have been arrested in connection with Adam's death during the course of the investigation.

All have been released with no further action and no one has been charged.

Reward in place to solve teen's death

DETECTIVES investigating the case are appealing for information, hope allegiances may have changed and that someone may come forward.

A £20,000 reward is still in place for information leading to the arrest and prosecution of Adam's killers.

Adam, who is the nephew of international athlete John Regis, was stabbed to death in Plaistow on March 17 2007 after a night out with friends at the cinema.

The 15-year-old – who would have turned 21 this year – was taken to Newham General Hospital where he

died shortly before 11pm.

A post-mortem examination gave the cause of death as a single stab wound to the chest. The knife used had a blade of at least 20cm and travelled through Adam's right arm and into his chest, nicking the aorta of his heart.

That evening Adam had travelled on a bus with friends back from the Showcase cinema in Beckton.

He got off the bus with two friends (a male and female) at about 9pm at Romford Road in the area of Warwick Road, Stratford – about one-and-a-half miles from where he was

found collapsed.

On June 5 2007, murder detectives released CCTV footage of what are believed to be the four suspects and the vehicle they used (driven by a fifth suspect).

Two of the suspects were picked up by the driver of a relatively rare VW Scirocco. It was an old-style bronze mark II Volkswagen Scirocco. Registration plates ran from the old X-reg (December 1981) through to K (June 1992).

Two other suspects were seen running north along the New City Road towards

Barking Road.

Since Adam's death, there has been a number of appeals for information, including a week-long series of events launched by detectives in 2008 with the support of Adam's family. The events included a song and video dedicated to Adam by award-winning artist Chimpunk, school presentations and lorries clad in appeal posters.

Anyone with information is asked to contact the incident room on 020 8345 3775; if you wish to remain anonymous call Crimestoppers on 0800 555 111.

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Minister approves hospitals merger

THE proposed merger between Newham, Whipps Cross and Barts & The London Hospitals Trusts has been approved by health minister Andrew Lansley.

The announcement was made last week and the merger is now subject to parliamentary process.

It means Barts Health NHS Trust is on course to be formed on April 1 – making it the biggest Trust of his kind in the NHS.

Stephen O'Brien, designate chairman for Barts Health NHS Trust, said: "I am absolutely delighted that the benefits of our merger have been recognised and we have achieved this final milestone on schedule."

"I strongly believe that, by sharing the expertise which is present in each of our three trusts, we can create a world-class health organisation; one which builds strong relations with our local communities and partners and which ensures that the needs of our patients always come first."

Officials said the move will mean patients from Tower Hamlets, Newham and Waltham Forest and beyond will have access to the world-class facilities available at each of the legacy trusts including:

■ The new Royal London Hospital in Whitechapel and its nationally-renowned facilities such as the major trauma unit; hyper-acute stroke unit; renal unit and one of the country's biggest and best children's hospitals.

■ The care of the elderly service and brand new maternity suite at Newham.

■ The enhanced recovery programme available to colorectal surgery patients and the new A&E due to open later this year at Whipps Cross.

The new trust's designate medical director, Dr Steve Ryan, said the merger would be part of the regeneration of east London.

"With the Olympics, over £1bn investment in world-class new hospitals across the hospital sites run by the new trust, and the Crossrail development we're seeing massive regeneration in our area," he said.

"From our earliest discussions between clinicians, healthcare professionals and our patients, we have shared the same ambition: to improve the health and wellbeing of the people of east London."

"By coming together, we can protect vital local health services, but also build a healthier future for all the people we serve".

Learn bike safety and raise cash too

SAFETY workshops will be among the main features of the Essex Motorcycle Show next month.

The annual event will be held at Colchester United FC, off the A12, in an effort to attract more bikers than ever. All cash raised from the event will go towards helping to fund Essex Air Ambulance.

Wendy Marcon, of Essex & Herts Air Ambulance Trust, said the event aimed to bring bikers together for a fun day, while promoting safer motorcycling and raising cash.

Motorcyclists will have the opportunity to take part in an assessed ride out on one of the latest demo bikes and sign up to the Bike Safe Workshops, all backed by Essex Police.

The event will see the launch of the 2012 Essex Air Ambulance Motorcycle Run, which will take place on Sunday, September 16.

There will be various trade stands by major manufacturers including Parkinson Motorcycles, TK Cope Motorcycles, Cannon Motorcycles, a Japanese bike display, plus training schools CADAM, Total Advanced Training and EAMG make a return to the show along with a brand new slow riding competition.

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Artists get seal of approval

SOME of the area's student artists have got the seal of approval from one of the world's top interior designers.

Martyn Lawrence-Bullard, who has worked with stars such as Elton John and Christina Aguilera, visited Havering College of Further & Higher Education last week as part of a filming project.

He met with painting and decorating students Sam Lucas, 19, from Chigwell, Glenn Cooper, 18, from South Ockendon, and Christian Davy, 24, from Brentwood, as they worked together to transform a flat.

Afterwards, he chose a piece of work by fine arts student Yvonne Jones, from Brentwood, to decorate the flat. She said: "I'm delighted."

Mr Lawrence-Bullard said the students had impressed him. He said: "I'm seeing so many great qualities in these students. I think we have the Damien Hirst's of the future about to explode."

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Yvonne Jones.

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what's on

To have your event considered for publication, send the details AT LEAST 14 DAYS before the issue date to: What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at: letters@yellowad.co.uk PLEASE NOTE: We cannot guarantee that all entries will be included. However, you can add the details of your event to our website at www.yellowad.co.uk

Saturday, March 24

- Social Quiz Night, Seven Kings & Newbury Park Residents Association, Community Hall, St John's Church, St John's Road, Newbury Park, 7pm meet for 7.15pm start, advance only tickets £9, includes meal, teams up to 10, Mark 020 8598 8435 or Gill 020 8559 5592.
- Easter event, Friends of Elmhurst Gardens, Elmhurst Gardens park, Gordon Road, South Woodford, 10am-12.30pm, refreshments, stalls, Easter egg hunt, all ages, visit www.friendsofelmhurstgardens.webeden.co.uk
- Woodland walk, Hainault Lodge Local Nature Reserve, 10.30am-12.30pm, free, all welcome, meet entrance on Forest Road, details 020 8559 2316.
- Waltham Forest NCT Nearly New Sale, Asian Centre, 18a Orford Road, Walthamstow, 10am-11.30am, items for sale include clothes, maternity clothes, toys and equipment for babies and children, £2 entrance per family, refreshments available, all welcome.
- Redbridge NCT Nearly New Sale, Christchurch Hall, Wanstead, 11am-12.15pm, used clothes, toys and baby equipment on sale, details Suzi Harnett on nct_redbridge_nns@yahoo.co.uk
- Music, Drumbeat Africa, Chigwell Choir with Theydon Bois Primary School Choir and Westminster School Drumming Group, Loughton Methodist Church, High Road, 7.30pm, part of 2012 Loughton Festival, supporting Haven House Children's Hospice, tickets £12 adults, £8 concessions, £5 under 16, available on door or in advance on 020 8504 8443 or www.wegotickets.com/event/144425

Sunday, March 25

- Guided 'Monster Trail' Walk, Hainault Forest Country Park, Romford Road, Chigwell, 10.30am-12.30pm, free, book as limited places, e-mail foresthainault@btinternet.com
- Walk, The Ramblers West Essex Group,

- circular from Epping to Upshire, joint with Epping Society, meet by road bridge near Epping Station, 10am, nine miles brisk walk, drink stop only at The Good Intent.
- Walk, Epping Forest HF Group, Epping Station to Coopersale and North Weald, 10am, seven miles, bring packed lunch and drink, details 020 8504 1329 or visit www.effhg.org.uk
- Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, details Mark 020 8598 8435 (before 9.30pm).
- Goresbrook Squash Club - We run Essex Squash Men's and Ladies teams every Sunday 6.20-9pm, £3, 07814 902002.
- Learn to Dance Modern Jive - Hainault Forest Community Centre, every Sunday 7-10.30pm, 07768 005858.
- Sunday Service - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm, 07974 108350.

Monday, March 26

- Walk, Fairlop Waters walk, meet main entrance of pavilion, 11am, one to two hours, free, details 020 8708 0952.
- Friendship Club - Plume of Feathers Pub, Church Hill, Loughton, for singles 50 plus, Mondays 7.30pm, 07986 472527.
- Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon, 020 8527 1454.
- Short Mat Bowls Club - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.
- Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, Mondays 7pm (except Bank Holidays), admission free, 020 8592 8821.
- Rehearsals - Redbridge Ladies Choir, Canon Palmer School, Seven Kings, Mondays 7.45-9.15pm, 01708 780964 or 020 8550 8677.
- Rehearsal - The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329.

Tuesday, March 27

- Meeting, Ilford Parkside Townswomen's

- Guild, Parkside Community Hall, Goodmayes, Ilford, junction of Longbridge Road and Goodmayes Lane, meet on fourth Tuesday of every month, 10am-12.30pm.
- Club - Barking and Dagenham Plus, The White Horse Inn, 118 High Road, Chadwell Heath, meet new friends and get involved in the local community, for everyone aged 18-35, every Tuesday 9pm, free trial membership, Joe 07958 669339.
- Coffee Shop - Eastern Avenue Baptist Church, East Road, Chadwell Heath, every Tuesday 10am, games, videos, friendship, all welcome, 020 8599 1479.
- Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, every Tuesday 1.30-4pm, 020 8595 3973.
- Friendship Club, The Beacon Tree Pub, Green Lane, Dagenham, for mature and single over 45s, every Tuesday 8pm, further details Marie 020 8252 7074.
- Senior Citizens Club - United Reformed Hall, Upney Lane, Tuesdays 1.30-4pm, fun, games, bingo, quizzes, buffets etc. disabled facilities, 020 8594 5249.
- Duplicate Bridge - Parkside Community Centre, (corner of Goodmayes Lane and Longbridge Road) Barking, Tuesdays 1.30-4.30pm, regret no beginners, call Jim (pref. evenings 5.30-6.30pm) 020 8592 0397.

Wednesday, March 28

- Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498.
- Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.
- Table Tennis, Forest Community, Guildford Road, Walthamstow, every Wednesday 8pm, new members welcome, details Ray Massey 020 8524 4269.
- Meeting - Friends Club, St Cedd's Church Hall, Blythwood Road, Seven Kings (opposite Homebase), Wednesdays 1-4pm, short mat bowls and snooker, 50p per session.
- Live Blues Jam - Coach and Horses, 391 High Road, Leyton, featuring guests, regulars and house band musicians, entrance £2 listeners, £1 musicians, all welcome singers and drummers especially, every Wednesday, 8.30-11.30pm, 020 8502 0351.
- Ilford No. 1 Senior Citizens Club - Royal British Legion, Durban Road, Seven Kings, Ilford, every Wednesday 12.30-3pm, call Eddie 020 8551 5079.
- Social Club - Wanstead House, The

Green, E11, quizzes, table tennis, card games, debates, talks, scrabble, every Wednesday 8.30-10.30pm, 020 8514 8046.

Thursday, March 29

- Walk, Hainault Forest, meet car park adjacent to Global Café, 11am, allow two hours, free, no booking required, details 020 8708 0952.
- Meeting, Forest 50+ Group, Methodist Church Hall, Hermon Hill, Wanstead, 2pm, meet on last Thursday of each month, £1.50, all welcome, details Mary 01268 562549 or Helen 020 8530 5504.
- Cheeky Monkeys Playgroup - St John's Church Hall, Leytonstone, every Thursday 10am-noon, toys, crafts, singing, 07740 586926.
- Meeting - Wanstead Rotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, call David 020 8989 2701.
- Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, £1.50 a session, mainly for people who have had a sad loss to make new friends. 020 8594 6409.
- Woodford Symphony Orchestra - A friendly amateur orchestra, which performs concert and major symphonies in Redbridge, rehearsals every Thursday evening, 020 8504 7783.

Friday, March 30

- Mummy Boot Camp - Wanstead Youth Centre, exercise with your baby, Fridays 11am, to book call 07719 626642.
- Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome, 020 8517 6256.
- Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.
- Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Leyton, pipers, drummers and learners welcome, Fridays 8pm, 020 8520 1727.
- Yoga Classes - Parkside Community Association, Ilford, Friday afternoons, beginners welcome, 020 8590 7497.
- Yoga - Faircross Community Centre, Hurstbourne Gardens, Barking, 2-3.30pm, details Jean 07946 215996/020 8591 5830.
- Breathing for Health - Faircross Community Centre, Hurstbourne Gardens, Barking, 4-5pm, details Jean 07946 215996/020 8591 5830.

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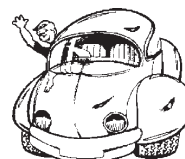
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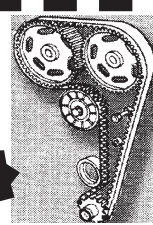
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KIPLING HANDBAG, light GREY, two handles, body strap with fluffy monkey keyring, very good condition, £18. **KIPLING HANDBAG**, LILAC, body strap, fluffy monkey keyring, very good condition, £15. **HARRODS HANDBAG**, lovely vintage style, brown, £45. **HANDBAG**, STONE MOUNTAIN, creamy beige, lovely, gold buckles, matching large purse, leather, very good condition, £20. **TULA HANDBAG**, cream leather, one handle, soft leather, very good condition, £18. Tel: 01708 440771.

CARAVAN FAN HEATER £5. Goodman SLIMLINE RADIO DISC TAPE £10. Three piece LONGBOW not named £20. METAL COMMODE CHAIR never used £10. ROULETTE WHEEL with Baize and chips in box £15. Tel: 01702 340470

BT DIGITAL BABY MONITOR, includes travel-bag, boxed, only £20. **EIGHT PIECE NEWBORN SET**, light green, bodysuit, sleep-suit, t-shirt, joggers, carapain, hat, Scratchmits price still attached, lovely gift, only £15. **AVENT ELECTRIC STEAM STERILIZER**, clean, boxed, instructions, only £10. **THREE NEW GROBAGS**, from babies r us, 6-18mths, cream, white & pink, lovely gifts, only £15 each. **NAPPY WRAPPER**, never used, only £10. Tel: 01268 287394.

Bargain Buys

NEW, STAINLESS STEEL SINK, £20. Tel: 01702 219349.
EIGHT PIECE NEWBORN SET, Babies-R-Us, light green, body-suit, sleep-suit, T-shirt, joggers, cardigan, bib, hat, scratch mitts, price still attached, make lovely gift, only £15. **AVENT ELECTRIC STEAM STERILIZER**, ELC, clean, boxed, instructions, £10. **THREE NEW GROBAGS**, Babies-R-Us, 6-18mths, one cream, one white, one pink, original packaging, only £15 each. **NAPPY WRAPPER**, never used, only £10. Tel: 01268 287394.

GIRLS BLACK FUR JACKET, Blue Zoo at Debenhams, 5yrs, £5. **BATHROOM BIN**, chrome, Jasper Conran at Debenhams, unwanted gift, cost £30, accept £10. **DOLLS TWIN PUSHCHAIR**, red & black with hoods & shopping basket, as new, never used, selling with two baby dolls & accessories, all pristine, £30, no offers. **PUPPY IN MY POCKET DREAM-HOUSE**, like new with puppies, £10. Tel: 07961 270840.

BUGGYBOARD, SCALLY-WAGGS, fits most prams, £50, like £250no. **USE YOUR IMAGINATION** with plastic nuts & bolts, build and rebuild with blocks and wheels, ELC, £150no. **SINGLE HEADBOARD**, blue and white stripes, £150no. **LEAPFROG, PLASTIC DESK AND CHAIR**, complete with Leap-Frog removable talking keyboard, two games, £250no. **WIZZAROUND GARAGE**, ELC, £250no Tel: 01702 297910.

WII COMPATIBLE RED GO-CART, inflatable for Wii driving games, Motonplus compatible, max weight 65kg, age 3yrs plus, immaculate condition, still boxed, £10. **ROSE PETAL COT-TAGE**, mint condition, perfect present, 2-8yrs approx plus kitchen, garden & accessories, immaculate bargain £50. Tel: 01702 541608.

CONSUL PORTABLE TYPEWRITER £5. **PANASONIC SMALL PORTABLE TV**, £5. **CASIO KEYBOARD & STAND**, £10. Tel: 01705 557715.

DULUX PAINTPOD PLUS SPARE ROLLER, brand new, never been used, bargain £30. **BUGGY, BLUE WITH CAR DESIGN**, complete with sun canopy & rain-cover, £10. **MOSES BASKET**, blue & white, £10. **TRAVELCOT**, £10. Fisher price, SIT TO STAND GIRAFFE TOY, £10. Tel: 01702 348770.

DREAM CHROME DOUBLE HEADED BED, 6mths old, £65. **COMPUTER STATION**, POLISHED BLACK GLASS, pull out keyboard shelf, 72cm wide x 50cm deep, £15. **SMALL ROUND GLASS SIDE TABLE**, round base & glass top, chrome leg, new condition, £15. Tel: 07747 886009.

GIRLS THREE WHEELED MOTOR SCOOTER, child's ride-on with rechargeable batteries, pink & purple, two gears, forward/reverse, excellent condition, £25. **CHILD'S WOODEN DESK & CHAIR**, single drawer under desktop, excellent condition, £15. Tel: 01268 759432.

ERCOL LIGHT OAK FREE-STANDING WALL UNIT, 78in width x 66in high, three door cupboard, four drawers, top section two glass doors, one drawer and drop-down leaf, very good condition, delivery up to 6 miles radius Basildon, £450no. Tel: 01268 411466.

POND PREFORMED LOTUS KIDNEY SHAPED 222 x 54, 63cm deep. Six months old, used to temporarily move fish. Was £200 now, £100. **PINE BOOKCASE** h190 x w81 x d31cm. Three open shelves at top, 2 doors with three shelves inside £100. Tel: 07785 713406

SILVER CROSS DAZZLE BUGGY from birth to 4 years, Cornflour Blue, brand new, still in box - comes with changing bag, rain cover, footmuff and parasol. Cost £260 accepts £99. Beautiful Buggy, first to see will buy. Tel: 07538 950 098 Stanford

LEATHER RECLINER CHAIR, midnight blue, large, good condition, electric heater and massage system, very good condition, £50. **THREE DOUBLE GLAZED WINDOW FRAMES**, new, call for details, £50 all three. Tel: 01702 298225.

THREE LADIES MOUNTAIN BIKES, excellent condition, from £45. **THREE GIRLS MOUNTAIN BIKES**, 24in wheels, excellent condition, from £25. **BOYS BMX BIKE**, 20in wheels, excellent condition, £35. Tel: 01368 767959.

GUESTBED, FOLDS INTO CHAIR, 6ft long x 2ft wide, navy blue, as new, Argos £49.99, sell £25. **REEBOK MINI SIDE STEPPER**, used few times, Argos £59.99, boxed, instructions, £25. Tel: 01268 771611.

ONE TONNE SANDBAG, full or hard & softwood, perfect for log burners/open fires, £35 delivered. **VAN BENCH CHAIR WITH SEATBELTS**, very good condition, £75. Tel: 07709 537218.

MINIATURE DOLLS HOUSE, good condition, stands 30in high, 19 x 19 on wooden base, grass verge to be fitted, some furniture, electric lighting in place plus extras, £400no. Tel: 07507 141821.

CABINET FREEZER, tall, Lec, £40. **SMALL CABINET FREEZER**, Electrolux, £25. **CHEST FREEZER**, Hotpoint, £20. **WHEELCHAIR**, hardly used, £95. **SEWING MACHINE CABINET**, £20. Tel: 020 8504 7191.

UNDER WORKTOP FRIDGE, white, modern, very good condition, can deliver, £65. **CHEST FREEZER**, lift-up lid, 22in wide, white, modern, very good condition, can deliver, £65. Tel: 01708 469127.

TWO PIECE SUITE, very good condition, pink stripes and oatmeal background, £500no. **GLASS TOP KITCHEN TABLE, FOUR CHAIRS**, (floral), very good condition, £60. Tel: 01277 216869.

HOTPOINT WASHING MACHINE, good working order, beige, bargain £35. **HOTPOINT DISHWASHER**, very good condition & working order, beige, bargain £50. Tel: 01702 528720.

TWO 12FT MULTIFLEX CARP 360 RODS, 2 1/2 test curve, only used couple times, excellent for beginner, £800no. **B&Q CHAINSAW, PETROL DRIVEN**, 14in (35cm), brand new, boxed, £800no. Tel: 01708 447441.

SINGLE DIVAN BED, CLEAN MATTRESS, very good condition, can deliver, £65. **DOUBLE DIVAN BED, CLEAN MATTRESS**, very good condition, can deliver, £95. Tel: 01708 469127.

MOBILITY RAMP, aluminium roll-up, no longer required, hardly used, Argos £89.99, cat no. 8650847, £60. **TP CHILDS GARDEN SLIDE**, plus extension, £25. Tel: 01702 585468.

LADIES & GENTS BIKES, excellent condition, £40 each. **COMPUTER/OFFICE CHAIR**, black leather with arms, excellent condition, £25. Tel: 01702 217853.

MOBILITY RAMP, roll-up aluminium, Argos £89.99, £60. **CHILD'S GARDEN SLIDE**, £25. **EXTENDING OVAL DINING TABLE**, four chairs, £50. Tel: 01702 585468.

CANE CONSERVATORY two seater sofa, two matching chairs, plus cane glass topped coffee table, gc, no stains or tears, must collect, £50. Tel: 01708 852 260.

TABLE 75cm DIAMETER cream & light brown, mosaic marble effect bistro table with two matching metal chairs, suitable indoors/outdoors, exe cond, £80. Tel: 01277 651 126.

FOOTBALL PROGRAMMES 1972 FA Cup Final Arsenal v Leeds, 1972 League Cup Final Chelsea v Stoke, 1976 England v Finland WDC, £5 each. Tel: 01708 459 043.

WEST HAM PROGRAMMES 1981 League Cup Final, 1984-88 12 Progs & 1985 Handbook £20. **HAMMER MAGAZINES** 1995-97, 30 Issues & 2 Binders £20. Tel: 07753 166 710

NEW, LADIES BLACK LEATHER FULL LENGTH BOOTS, 2 1/2in square heel, size 8, slim fit, elastic insert, made by shoe tailor, £10. Tel: 01268 792074.

TWO WICKER LAUNDRY BASKETS, £5 each. **TWO IKEA PAINTED FRAME MIRRORS**, requires re-paint, 750cm x 118cm, 750 x 750, £7 & £5 or £10 the two. Tel: 01268 775454.

BLACK GLOSS AND CHROME TABLE and 4 cafe style chairs £50 ono. Black glass and chrome DVD/CDD WALL UNIT £20 Tel: 01702 510092

HENRY COTTEN GOLF CLUBS, irons plus mixed woods and putter together with electric trolley and charger, £99 ono. Tel: 01702 473727 (afternoons only).

OUTBOARD MOTOR WANTED runner or non-runner, Mercury, Yamaha, etc, 5HP to 100HP, anything considered, may take complete boat if still attached. Tel: 01268 765 086.

SONY MUSIC SYSTEM, midi, CD, radio, tape, remote control, silver, sounds great excellent condition, £25. Tel: 01702 582338.

DOUBLE FUTON SOFABED, metal frame, simple conversion sofa to bed, incorporating hide-away storage, very good condition, £50. Tel: 01702 016888.

CURVED SHOWER BATH, acrylic, left-handed, brand new, very minor damage at top, was £270, sell £85. Tel: 01268 691834.

WHITE MID SLEEPER BED WITH SLIDE & MATTRESS, lilac & pink curtains underneath, very good condition, £95. Tel: 07765 585378.

MOTHERCARE, MOSES BASKET, wooden rocking stand, hood, mattress, quilt, excellent condition, £45. Tel: 01268 548096.

MAMAS & PAPAS, UNISEX PRAM/PUSHCHAIR, car seat and bagful girls clothes, good condition, £100. Tel: 07936 269630.

GREENHOUSE, ALUMINIUM AND GLASS, 6ft x 6ft 4in, good condition, instructions, will dismantle, buyer collects, £50. Tel: 01702 434094.

SMALL DOG OR CAT SHELTER for sale £25 New RABBIT HUTCH for sale £45 will deliver free Basildon area Tel: 01268 473365

URBAN DETOUR BLUE DOUBLE BUGGY with Cosy-toes and rain-cover. Suitable from birth. Very good condition. £70 Tel: 07988 167469

FREE TO COLLECTOR Hotpoint dishwasher, deluxe 6831. Tel: 01277 365 805.

SINGLE BED FRAME WITH MATTRESS beech shaker style, head & foot boards, dismantled for easy collection, exe cond, £500no. Tel: 01268 745 879.

COTBED WITH UNDER BED DRAWER wardrobe, Argos Salisbury range, gc, no mattress, £300no. Tel: 01268 745 879.

SET OF COPENHAGEN HANS CHRISTIAN ANDERSON PLATES original boxes & certificates, £400no the set. Tel: 01702 392 702.

ROOF TILES 69 MARLEY BROWN LUDLOW TILES 27 of them slightly chipped, also 21 roof tiles reg design 896450 £25 ono the lot Tel: 07866 882 506

DRESSING TABLE, mirror, stool, two bedside cabinets, fitted wardrobes, cream regency style, £80. Tel: 07749 179039.

4FT HEADBOARD, unused, Royal Blue Draylon, fire label attached, £15. Tel: 01268 417251.

LOUIS FIRE SURROUND, plaster, £40. **FLAME EFFECT ELECTRIC FIRE**, £40. Tel: 01375 850557.

FILING CABINET, METAL, three drawers, end two drawers, £50 each. Tel: 01268 730954 or 07962 072939.

SONY DVD PLAYER with dolby surround sound & speakers, £500no. Tel: 01375 676622.

DREAMS PINE SINGLE BED & mattress, £45 ono. Buyer collects (dismantles). Tel: 07527 981098.

TV STAND, BLACK GLASS, suitable TV 32-42in, two shelves, excellent condition, bargain £35. Tel: 01268 520204.

TWO SEATER FUTON BED, blue & white check, immaculate condition, hardly used, £30. Tel: 01702 204804.

M&S UPLIGHTER, standard lamp, £25. **M&S TABLE LAMP**, £20. **PATTERNED RUG**, 7 x 5ft, £25. Tel: 01702 332973.

WASHING MACHINE, white, 1000 spin, hardly used, £950no. Tel: 01708 703374 or 07910 434325.

INVERSION TABLE, £25. **HOT AIR PORTABLE OVEN**, £25. **SMALL FILING CABINET**, £5. Tel: 01268 540140.

SOLID PINE OVAL TABLE and four chairs good condition, ends of table can be folded £50 ono Tel: 07803 045 826

TWO SEATER SOFAS two, plus recliner chair beige, fairly gc, £600no. Tel: 07809 888 203.

COOKER, BUILT-IN FRONT CONTROL GAS HOB brand new & never used, £95. Tel: 07913 878690.

DINING ROOM CIRCULAR MAHOGANY TABLE, 41in, plus four chairs, 34in sideboard, £60. Tel: 01702 230708.

CHILDS LINDAM STAIRGATE £10. Tel: 01277 365 805.

MODERN RED ROUND DINING TABLE, diameter 41in, centre column, £20. Tel: 01702 296869.

LEATHER SUITE, DARK BLUE, three and two seater sofa, armchair, £100. Tel: 01702 540864.

LARGE THREE & TWO SEATER SOFAS, immaculate condition, £700no. Tel: 07809 888203.

BEAUTIFUL SOLID OAK KITCHEN CABINET DOORS, various sizes, offers considered. Tel: 07811 459339.

MAMAS & PAPAS, ELOISE COTBED AND MATTRESS, good condition, £30. Tel: 01702 712902.

DENBY 16-PIECE DINNER SET, jet pattern, boxed and unused, £30. Tel: 01702 540894.

CONDENSER TUMBLE DRYER, white, modern, family size, can deliver, £85. Tel: 01708 469127.

ROYAL DOULTON 1995 FIGURE OF THE YEAR, Deborah, perfect condition, £550no. Tel: 01702 589897.

LIGHT WOOD AND WHITE TABLE WITH CHAIRS, 1yr old, £280 now, want £80. Tel: 01277 224306.

FOOTBALL PROGRAMMES WANTED Local collector seeks especially pre 1970 items, Finals, European, England, Spurs, Arsenal, West Ham, Chelsea etc & whole collections **01245 358660**

WANTED **OUTBOARD MOTOR WANTED**, runner or non-runner, Mercury, Yamaha, etc, 5HP to 100HP, anything considered, may take complete boat if still attached. Tel: 01268 765086.

WANTED! OLD BOTTLES, POTLIDS, printed pots, enamel signs etc. I will collect and pay cash! Stuart Tel: 07889 259745

Musical **THE PIANO MAN**, 20/30 reconed pianos. Tuning, Removals, Rental scheme. We collect unwanted pianos. 01268 541001, 01708 343455

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LIGHT BROWN IKEA COT, Mattress not included £20 ONO. Tel: 01268 459078

DELTA OVER-LOCKER, brand new, still boxed, £85. Tel: 01375 676357.

ALUMINIUM LADDERS Long and sturdy £30 Tel: 07855 246683

PROM DRESS purple, size 8, straight, lace-up back, exe cond, £60. Tel: 01277 624 070.

LARGE PAINTING EASEL antique style, £25. Tel: 01702 392 702.

KINGSIZE BED metal frame, with slats, vgc, possible delivery, £85. Tel: 01708 453 490.

CARPET gunmetal grey, short pile, 7ft x 7ft, £25. Tel: 01268 743 830.

CHILDS PUSHBIKE 3-5yrs, girls, gc, £10. Tel: 07809 888 203.

PSP SLIM under a year old have receipt £60. Tel: 07548 129 458

X-RATED SNARE BMX BIKE needs brakes £50. Tel: 07548 129 458

CARAVAN AWNING full size, 1600 x 900, green & grey, gc, £990no. Tel: 01268 777 536.

SMALL PULL ALONG SUITCASE immac cond, 15 x 20", £8. Tel: 01277 365 805.

Wanted

OUTBOARD MOTOR WANTED, runner or non-runner, Mercury, Yamaha, etc, 5HP to 100HP, anything considered, may take complete boat if still attached. Tel: 01268 765086.

WANTED! OLD BOTTLES, POTLIDS, printed pots, enamel signs etc. I will collect and pay cash! Stuart Tel: 07889 259745

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sophisticated blonde,
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CASSIE 30yr old slim
confident female WLTW up
with male 18 plus for fun
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BRIANNA attractive Scottish
blonde babe new to the area
and looking for mature male
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386299**

MARY glamorous blonde,
slim green eyes, attractive,
kind, sensitive with lots to
offer the right man. Just
looking for him did it be you?
Tel No: **0906 500 6358 Box
No: 386297**

SAFFY single Asian female,
loves to keep fit and look
good, WLTW tall male with
GSOH for easygoing but
discreet relationship. Tel No:
**0906 500 6358 Box No:
385355**

KELLY young attractive
vivacious 48yr old lady, loves
good food, cosy nights in/out,
holidays etc, WLTW male for
mutual companionship
without ties. Tel No: **0906 500
6358 Box No: 385353**

ATTRACTIVE female, tom
boy looks, loves cosy night in
with a good bottle of wine and
great company, looking for
someone to love me. Tel No:
**0906 500 6358 Box No:
385345**

VICTORIA BBW, bored with
own company and looking for
some interesting distractions
with likeminded guy 45-60yrs.
Race/looks/status
unimportant. Tel No: **0906
500 6358 Box No: 385367**

TINA fun loving young single
mum with GSOH, seeking
similarly happy guy for fun
times, meals out, romance
and company. Tel No: **0906
500 6358 Box No: 385365**

ELLEN attractive blue eyed
divorcee, very lonely and in
need of a lot of attention,
WLTW understanding male
for long term romance. Tel
No: **0906 500 6358 Box No:
385363**

SHARON 37yr old attractive
feminine size 10, employed,
OHAC, single mum of one,
seeking similar lonely male
with mature outlook. Tel No:
**0906 500 6358 Box No:
385655**

DEBS slim attractive stylish
naughty 40 looking for male
who is prepared to give me
lots of attention for fun times
in return. ACA. Tel No: **0906
500 6358 Box No: 385653**

JEAN professional nurse
attractive and all women!
loves wining and dining
seeking white knight who
appreciates a real black
beauty. Tel No: **0906 500
6358 Box No: 385651**

BEV very attractive sensual
warm-hearted, looking for
good times with confident
loving male. Call to me find
out more. Tel No: **0906 500
6358 Box No: 385643**

SUE fair haired petite caring
nurse likes nice holidays,
romantic nights in/out, WLTW
appreciative male to love and
care for. Tel No: **0906 500
6358 Box No: 385641**

CAROL 34, loves role play,
dancing, sensual dress up,
looking for fun with male 60-
70yrs, discretion assured. Tel
No: **0906 500 6358 Box No:
385639**

JULIE blonde brown eyes,
size 12, varied interests,
loves cuddling, kissing and
showing affection, seeks
similar energetic male friend
for TLC. Tel No: **0906 500
6358 Box No: 385605**

LYNDA very attractive
attached female, own
transport and willing to travel,
seeking similar natured male
for extra circular activities.
Must be discreet. Tel No:
**0906 500 6358 Box No:
386653**

KERRY blonde blue eyed
caring lady, very genuine,
caring, seeking a caring
natured male 45-58 for loving
romance. Tel No: **0906 500
6358 Box No: 386649**

HI I'm Jane a 40yr old
divorcee seeking a 30-40yr
looking to fall in love again,
seeks genuine, confident,
very tactile male. Tel No:
**0906 500 6358 Box No:
386643**

BONNIE slim fun loving
attractive single mum with
GSOH looking for similar
male for loving relationship
and some adult attention. Tel
No: **0906 500 6358 Box No:
386639**

VERY Precious 27yr single
mum looking for someone to
treat me like a princess, 40-
70yrs, discretion assured. Tel
No: **0906 500 6358 Box No:
386637**

SHARON retired model 36,
tall, attractive, considerate,
easygoing, loves finer things
in life, seeking well mannered
male, 40-60yrs. Tel No: **0906
500 6358 Box No: 386635**

LYNN 37 single mum, petite
slim and very pretty, seeking
caring funny guy to be with
and become my Mr
Wonderful. Dads welcome. Tel
No: **0906 500 6358 Box
No: 386633**

JOY 36 petite medium build,
blue eyes, loves romantic
walks, meals in/out, WLTW
male 30-45 for no strings
meets. Status unimportant. Tel
No: **0906 500 6358 Box
No: 386629**

TINA 38 social outgoing
nurse, OHAC, no ties, looking
for mature male for nights
in/out, romance, roll play and
possible ltr. Tel No: **0906 500
6358 Box No: 386627**

SENSUAL 32yr old
professional with no time to
have a relationship, seeks
similar understanding male
for compatible discreet
relationship. Tel No: **0906
500 6358 Box No: 386309**

BECKY 34 single mum of
one, GSOH, employed with
OHAC, fun to be with and
very loving, WLTW Mr Right if
he is out there? ACA. Tel No:
**0906 500 6358 Box No:
386305**

JENNY very feminine
attractive mature classy
female with beautiful blue
eyes, looking for male to
enjoy plenty of laughs and get
to know. Tel No: **0906 500
6358 Box No: 386303**

JUNE good looking divorced
40's female, bubbly romantic
and looking for tlc. Genuine
replies only pls. Tel No: **0906
500 6358 Box No: 386301**

SUE young looking vivacious
female with great sense of
humour, OHAC, independent,
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ACA. Tel No: **0906 500 6358
Box No: 386275**

CATHY good looking
brunette with a real passion
for life, seeking male for
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SALLY sensual blonde
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assured. Tel No: **0906 500
6358 Box No: 385599**

CLARE bubbly blonde 33,
N/S, loves nights in/out
seeking genuine interesting
man for possible relationship,
dads welcome. Tel No: **0906
500 6358 Box No: 386291**

MEGAN lonely divorced 39yr
old honest caring female
seeking male friends for
possible relationship. Please
call to find out more about
me. Tel No: **0906 500 6358
Box No: 386285**

LISA 39yr old tall leggy slim
divorced mum of one, wicked
sense of humour,
independent, OHAC, WLTW
male for adult companionship
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6358 Box No: 385649**

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
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International win for Deadman while Gikungu and Hallam on county duties

Athletics

HAVERING Mayesbrook athlete Lauren Deadman recorded her first International victory when she won the Home Countries International in England colours on Sunday.

Deadman stayed with the leading group until halfway on the hilly four-lap 7.1km course in Glasgow, then followed the break by Scotland's Rosie Smith.

After contesting the lead, Deadman drew away with about 800m to go to win gold by nine seconds.

Lydia Hallam and Hoseah Gikungu did well for Essex Schools in the English Schools Cross Country Championships held at Ilton in Somerset on Saturday.

Gikungu took step back towards his best form with a good run in the Senior Boy's race to finish as second Essex scorer in 22nd in 24:18, as the county finished second.

Hallam started towards the back of the field in the Intermediate Girl's event and found it difficult to overtake on the narrow course.



COUNTY:Hoseah Gikungu (with headband) with his fellow Essex School team-mates in Somerset.

Picture by Jane Hallam

She moved up to finish in 41st place in 15:20, also helping Essex to finish second.

Elsewhere, Mayesbrook sent two complete twos in Saturday's Essex Road Relays at Chelmsford.

Steve Rand (19.39) led off the A team with a fast first leg bringing the team home in fifth place, handing over to Rob Warner (19.34) who, despite suffering from illness all week, rallied to the cause to run

the fastest Havering leg of the day retaining fifth position.

Ian Anthony (20.42) ran well to hold the position before handing over to Chris Smith (21.00) on the anchor leg who brought the team home in sixth place.

The B team fielded several juniors in their first outing for the senior squad. Juniors Josh Connors (22.17) Massi Dendani (23.15) and Ryan O'Mahoney (22.41) all acquitted themselves very well on a difficult course before the final leg was taken by veteran Simon Hart, who recorded a personal best of 19:52 over the 3.5 mile route and lift the B team up to 13th.

In the British Masters Indoor Championships at Lee Valley on Saturday, veteran Stuart Tufton lifted his first national title for many years when he won gold in the Men's Age 60 Pole Vault with a 3.20m clearance. Rainham-based Tufton, 61, who was one of Britain's leading vaulters in the 1970s, now coaches the club's rising-star vaulter Mercy Gutteridge and others in his coaching group at Hornchurch.

Dagenham & Redbridge

Daggers held to draw by Bees

BEN MAY'S strike for Barnet denied Dagenham & Redbridge a much-needed win in League Two as they had to settle for a point in a 2-2 draw at Underhill on Tuesday evening.

The Daggers twice led through Michael Spillane and Scott Doe, but the Bees fought back through Izale McLeod before May's late drive.

In a relegation six-pointer, a win would have moved the Daggers off the bottom and out of the relegation zone, level on points with the hosts, but it was not to be.

Boss John Still said: "It's disappointing to concede a goal like that because this is a game we should have won. I thought we played really well here and should have won the game but credit to Barnet, they responded well."

"We are struggling with the injuries and we had both our full-backs playing midfield, so all things considered it's been a good few days after the win on Saturday as well. But we need to continue to produce this from now until the end of the season."

Spillane headed Daggers into a 25th minute lead after good play from Saturday's hero, Medy Elito, but McLeod levelled for the Bees after the break.

Doe restored Daggers' advantage, heading in Elito's corner with 15 minutes to go but the Daggers could not hang on when May's 30-yards strike evaded Daggers keeper Chris Lewington.

Leyton Orient

O's outclassed

By Rowland Lyons at stadiummk

LEYTON Orient are only four points off the League One drop zone after one of their worst performances of the season on Tuesday night, losing 4-1 at MK Dons.

Kevin Lisbie's leveller, after Charlie MacDonald had put the home side ahead, was the only joy the visitors enjoyed.

Shaun Williams soon restored the hosts' lead, with former Orient striker Jabo Ibehre and Daniel Powell rubbing salt into the struggling east Londoners' wounds late in the second half.

O's boss Russell Slade said: "I was disappointed with the goals we conceded. The third killed us off. We have a bit of a soft underbelly at times - that's something I hate in my teams. This is a difficult place to come to and they were better than us in most departments."

The scene was set with three goals in the first 23 minutes when Mathias Kouo-Doumbé waltzed through the Orient defence and squared for MacDonald, who bundled home past a flat-footed Paul Rachubka after only three minutes.

But the shell-shocked O's were back in the game within eight minutes when Lisbie won a corner and completed the sequence by forcing keeper, David Martin, into an error and nodded home Jamal Campbell-Ryce's inswinger from under the bar.

The pendulum swung back in MK's favour when Terrell Forbes allowed Jay O'Shea too much space to cross for the rising Williams to nod home from 10 yards.

Despite enjoying a good share of the possession after the break, the O's rarely threatened and having gone close with his first touch as a 68th minute substitute, Ibehre put the game out of the O's reach with an 80th minute tap in, after Rachubka could only parry MacDonald's close range drive.

With less than five minutes remaining, Powell shrugged off Leon McSweeney's challenge and completed an emphatic win with a rising drive that beat the hapless Rachubka at his near post.

'Draws will cost us' claims Allardyce

West Ham United

WEST Ham United's home woes continued after they were held to a 1-1 draw by Middlesbrough in the Championship on Tuesday night.

The Irons were booed off Upton Park after drawing their fourth successive game 1-1 and losing ground on leaders Southampton.

It looked good for the Hammers when Abdoulaye Faye headed them in front on 67 minutes, but Boro

fought back through Bart Ogbeche's strike six minutes from time.

Irons boss Sam Allardyce said: "Eventually this draw will cost us. We were very, very patient and got into the lead which was not easy because of the way the opposition sets up against us."

"It's frustrating because this is the best unbeaten run we've been on this season but we're not getting the points that we need from these matches."

West Ham had the best of the first half as Boro set their stall out determined to frustrate their opponents.

The Irons stepped up the tempo after the break and were rewarded when Faye headed in his first goal for the club, which took a touch off Joe Bennett leaving Boro keeper Jason Steele with no chance.

It should have been 2-0 soon after when Steele produced a magnificent save to tip James Tomkins' header onto the bar.

The stop proved crucial as Ogbeche picked up the ball and shot past Irons keeper Robert Green.

One plus point on a night of frustration for the Hammers was that second place Reading went down 3-1 at Peterborough United.

Allardyce added: "We didn't have that little bit of quality or the ability to just add the killer instinct and then we go and concede one of the best goals this season, it was a real moment of quality."

Clarets boost play-off challenge while three points for Fleet

Non League Football

CHELMSFORD City ended a run of three straight defeats in Blue Square South with a 2-1 victory at Dorchester Town on Tuesday night.

Jamie Slabber (32) and Adam Tann (45) put the Clarets in control, and despite Ryan Dovell (61) pulling a goal back for the hosts, City held on and bolstered their play-off hopes.

Rock-bottom Thurrock bagged a vital three points on Saturday with a 2-0 win over mid-table Dorchester Town. Teddy Nesbitt (14) and Lee Boylan (pen 59) helped Fleet on their way.

Billericay Town moved seven points clear in Ryman League Premier following their 6-0 victory at relegation threatened Aveley on Monday night.

Following their 2-0 victory at Leatherhead on Saturday, the Blues continued their charge with a hat-trick by Jay May, a double from Glenn Poole and a Chris Wild header.

Second place AFC Hornchurch lost ground with a 2-1 defeat at play-off hopefuls Cray Wanderers.

Leigh Bremner put Crays ahead in the 70th minute only for Martin Tuohy to equalise for the Urchins a minute later.

But there was a sting in the tail as Joe Vines earned three points for the visitors two minutes from time.

Canvey Island maintained their outside shot of the play-offs with a 1-0 win at Carshalton Athletic. A single goal by Dean Mason two minutes before half-time settled it for the Gulls.

Concord Rangers also kept alive their slim hopes of a play-off place with a 2-0 victory over fellow chasers Hendon.

Tony Stokes put the Beachboys ahead after 34 minutes and netted his 21st league goal on 71 minutes, either side of Michael Lewis' sending off for Hendon.

East Thurrock United won 2-1 over Bury Town on Tuesday night to consolidate their mid-table position.

Sam Higgins gave them the lead through the penalty spot on 59 minutes and extended their advantage with Tom Bullard putting through his own net. Sam Reed netted a late consolation for Bury.

Tilbury's push for the play-offs was boosted with a 2-1 victory at Brentwood Town.

In-form Alex Read bagged a double to help the Dockers into fourth despite Daniel Ailey giving the hosts a 12th minute lead.

Brentwood's afternoon took a turn for the worse when Peggy Lokando saw red as they remain in ninth.

Grays remain a point behind Tilbury in fifth after coming from behind to win 2-1 at bottom club Ware.

The hosts went ahead through Grant Cooper's own goal on 19 minutes, but Lee Flynn's free-kick levelled before half-time and Jake Hall grabbed the winner eight minutes into the second half, with Kenny Beancy later seeing red for Grays.

Redbridge's play-off hopes were dented on Tuesday night, losing 2-1 at fellow play-off chasers Harlow Town.

Mid-table Romford picked up a 2-1 win over Harlow on Saturday. Jack Barry's header put Boro ahead before half-time with Harlow drawing themselves level on 80 minutes

through Mark Taylor's penalty.

It lasted two minutes as Kurt Smith helped Boro to three points.

Ilford climbed out of the relegation zone on Tuesday night with a superb 3-2 win at Maldon & Tiptree.

Shane Stamp, Jon Glowacki and Rob Carter were on the scoresheet for the Foxes.

Great Wakering Rovers drop back into the drop zone, despite drawing 2-2 at home against Cheshunt on Saturday.

Lewis Sparrow gave Wakering a fifth minute lead with Sam Ruff replying two minutes before the break.

Jack Carlile missed a penalty for Wakering who restored their lead through Dan Williams in the 65th minute.

Cheshunt were reduced to ten men following Jordan Lumsden's red card but they still came away with a point, Josh Hutchinson netting a stoppage time penalty.

Maldon & Tiptree drew 1-1 at Chatham Town on Saturday, Sos Yao earning them a point while Waltham Forest played out a goalless draw with Soham.